



Preventing Falls
with Balance & Buddies

Edmonton Area Classes for Spring 2025

NOT *Falling for You* is offered by community organizations with support from Alberta Health Services and the Injury Prevention Centre, Finding Balance Program. Visit findingbalancealberta.ca/nffy/ for more information. Unless otherwise stated, contact injury.prevention@ahs.ca or phone: 780-735-3004 to register, join a waiting list, or for more information.

Beverly Active Seniors Society

Thursdays, 10:30 am – 11:45 am

Started January 9, 2025, continues until June 19, 2025

Beverly Heights Community Hall, 4209 111 Ave NW, Edmonton

City of Fort Saskatchewan – Wednesday Class

Wednesdays, 11:00 – 12:00 pm

April 9 – June 25, 2025

City Hall, 10005 102 St, Room 1, Fort Saskatchewan, AB

Register at fortsask.ca/GoLeisure (course code 17620)

or Phone: 780-992-6400

EPL Capilano Library Branch – Morning Class

Mondays, 10:30 am – 11:45 am

April 7 – June 16, 2025 (no class May 19)

Capilano Library, 9915 -67 St NW, Edmonton

Register at: epl.ca Search Events: NOT Falling for You, set “From” date to April 7, 2025

EPL Capilano Library Branch – Afternoon Class

Mondays, 1:30-2:45 pm

May 5 - June 16th (no class May 19)

Capilano Library, 9915 -67 St NW, Edmonton

Register at: epl.ca Search Events: NOT Falling for You, set “From” date to May 5

Forest Terrace Heights Community League

Tuesdays, 10:00 am – 11:15 am

April 8 - May 13, 2025

Forest Terrace Heights Community Hall, 10150 80 St NW, Edmonton

High Park Community League

Starting in May 2025, check back for details

High Park Community Hall, 11032 154 Street, Edmonton, AB

Parkallen Community League

Tuesdays, 9:30 am – 10:45 am

April 22, 2025 – June 24, 2025

Parkallen Community Hall, 6510 111 St NW, Edmonton

Robertson-Wesley United Church

Thursdays, 10:00 am – 11:15 am

April 10-June 12, 2025

10209 123 St NW, Edmonton

SEESA (South East Edmonton Seniors Association)

Fridays, 1:15 – 2:15 pm

May 2 -June 20, 2025

SEESA, 9350 82 Street NW, Edmonton

Register at: info@seesa.ca or Phone: 780-468-1985

Central Alberta Area Classes for Spring 2025

Millet Museum – all spring classes are full

Tuesdays, Thursdays, 10:00 -11:00 am

Thursdays, 1:00 – 2:00 pm

Millet Museum Activity Room, 5120 50 Street, Millet AB